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INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/22844
DOI URL: http://dx.doi.org/10.21474/IJAR01/22844

RESEARCH ARTICLE

"A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF KNOWLEDGE AND ATTITUDES REGARDING INTERNET ADDICTION AMONG STUDENTS STUDYING IN A SELECTED COLLEGE OF NURSING, IMPHAL"

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Manuscript Info

Manuscript History
Received: 14 December 2025
Final Accepted: 16 January 2026
Published: February 2026

Key words:-
Knowledge, Attitudes, Internet Addiction, Students.

Abstract

The world has become village due to development in IT-sector. Internet now a necessity in people's daily life irrespective of gender, class and status. Student community specially spent time on browsing, social networking, gaming, online-shopping etc. etc. and they are easily diverted from the focus of their studies which may leads into adverse effect on the academic performances and other activities.So, it's now necessary to make them understandespecially the students to aware more on internet savvy.Cross-sectional research design used with 150 students by using non-probability purposive sampling technique. Data were collected using Structured Knowledge Questionnaire and 3-Point Likert Scale and analyzed by descriptive and inferential statistics.In 150 respondents, majority of 68 (45.4%) had moderate knowledge, 47 (31.3%) inadequate knowledge and 35 (23.3%) adequate knowledge. Overall mean score obtained 10.49±3.38 (Mean±SD) and mean score average 58.3% of knowledge regarding internet addiction.Among 150 respondents, majority of 123 (82.0%) had moderately favourable attitudes whereas 20 (13.3%) and 7 (4.7%) were favourable and unfavourable attitudes, indicates that more acceptability towards internet addiction. Overall mean score obtained 39.26±5.39 (Mean ± SD) and mean score average 65.4% of attitudes regarding internet addiction.

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There was significant association between knowledge regarding internet addiction and family income(χ^2 =16.510) and were significant association between attitudes regarding internet addiction such as gender (χ^2 =15.524), father's occupational status (χ^2 =15.123) and mother's occupational status (χ^2 =13.571) at the level of significance $p<0.05$. Correlation between knowledge score and attitudes score regarding internet addiction was found to be(r =.163)

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which was a positive correlation and statistically significant at p<0.05.Most of the students had moderate knowledge regarding internet addiction and a positiveattitude towards internet addiction. There was a positive correlation between knowledge scores and attitudes scores regarding internet addiction among students.

Introduction:-

The internet is a worldwide system of interconnected computer networks.The internet provides entertainment, lots of information and it makes people connected every second. When someone becomes addicted to the internet they will have increasing tolerance to the amount of time spend online, too much a good thing can be addictive.Addicted individual may develop withdrawal, mood changes between when online and off, and there will be an interruption of social relationships and day today activities of a person.The occurrence of the dangeriosity of internet addiction due to improper ways of using internet other than educational purpose. It can be a nightmare, however researcher is aware of the excessive binge of internet. For that reason researcher is interested to create awareness among college students. These instances provoked the researcher to select the study on assessment the level of knowledge and attitudes regarding internet addiction among students studying in a selected College of Nursing, Imphal.

Methods:-

A cross-sectional research design was adopted to assess the knowledge and attitudes regarding internet addiction among students studying in the Kangleipak Nursing Institute, Khurai Konsam Leikai, Imphal. Total 150 students were selected using non-probability purposive sampling technique. The data were collected by using Structured Knowledge Questionnaire and 3-Point Likert Scale. Reliability of the tool was tested and validity was ensured in consultation with nursing experts, psychiatrist and psychologist. Collected data were analyzed by using descriptive and inferential statistics.

Results:-

Figure 1shows that majority 68 i.e. 45.4% respondents had moderate knowledge, 31.3% respondents had inadequate knowledge and 23.3% respondents had adequate knowledge regarding internet addiction.Table 1 depicts majority 90% of students had much knowledge on the item 3. (The age group of people which are most affected from internet addiction problem) whereas 31.3% of students had least knowledge on the item 12. (The first step in treatment for internet addiction). Figure 2 shows that maximum of students 82.0% were in moderately favourable attitudes regarding internet addiction whereas 13.3% of students were in favourable attitudes and minimum of students 4.7% were in unfavourable attitudes.Table 2 depicts that the highest 61.3% had in the item 5 (Do you use the internet to contact with friends?) and lowest 7.3% had in the item 18 (Do you get defensive when someone asks you what you've been doing online?) were in "always" attitudes of students. The highest 71.3% had in the item 7 (Are you preoccupied with being online during other activities?) and item 11 (Do you get annoyed when someone interrupts you while on the phone/laptop?) and lowest 31.3% had in the item 10 (Are you interested in online relationship?) were in "sometimes" attitudes of students. And the highest 55.3% had in the item 10 (Are you interested in online relationship?) and lowest 2.0% had in the item 5 (Do you use the internet to contact with friends?) were in "never" attitudes of students.Table 3 shows that the knowledge mean score obtained by the respondents were 10.49±3.38 (Mean±SD). Among the knowledge questions, mean % was 58.3%.

Whereas the attitudes mean score obtained by the respondents were 39.26±5.39 (Mean ± SD). Among the attitude questions, the mean % was 65.4%.Table 4 depicts that the p-value of family income was .036 which is significantly associated with knowledge scores. The p-value of age, year of the study, gender, religion, category, types of family, father's occupational status, mother's occupational status and residential area were .066, .471, .301, .364, .217, .405, .248, .077 and .815 respectively which are insignificant association with the knowledge scores. Table 5 depicts that the p-value of gender, father's occupational status and mother's occupational were .000*, .019* and .035* respectively which are significant association with attitudes scores. The p-value of age, year of the study, religion, category, types of family and residential area were .518, .105, .449, .870, .442, .991 and .899 respectively which are insignificant association with attitudes scores of the students regarding internet addiction. Table 6 depicts that the mean average of knowledge score was 10.49±3.38 (Mean±SD) and mean average of attitudes score was 39.26±5.39 (Mean±SD)regarding internet addiction among the students. 16.3% knowledge and attitudes scores are positively correlated and with significantly associated (p=.046*<0.05).

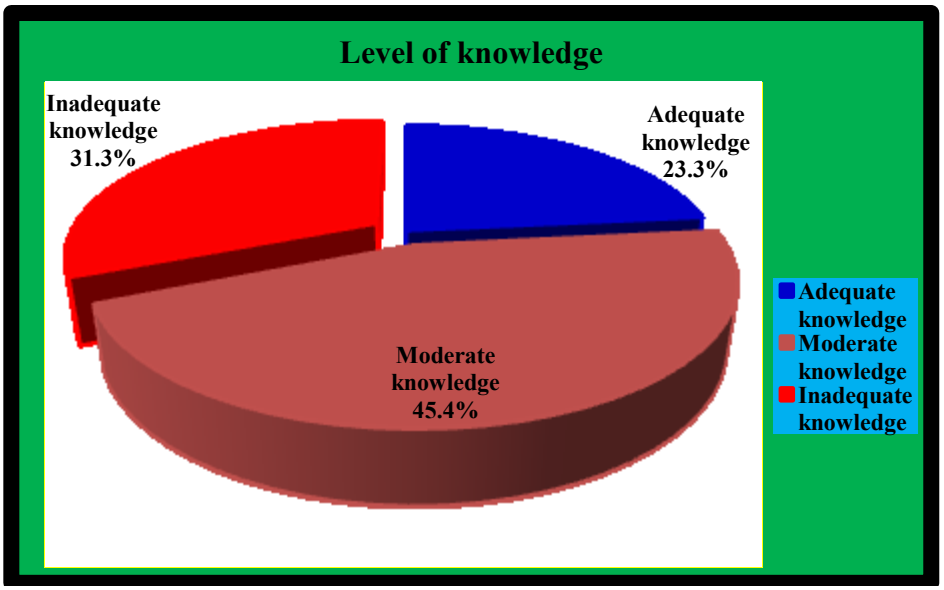

Figure 1: A pie graph showing knowledge scores of students regarding internet addiction. n=150

Knowledge Question	Correct answer		Wrong answer	
	F	%	F	%
1. Internet addiction may be defined as …….	102	68.0	48	32.0
2. Internet addiction is a condition in which ……	90	60.0	60	40.0
3. The age group of people which are most affected from internet addiction problem is …….	135	90.0	15	10.0
4. Type of internet addiction can be recognized by …….	68	45.3	82	54.7
5. The risk factors of internet addiction is …….	105	70.0	45	30.0
6. The sign of internet addiction is …….	89	59.3	61	40.7
7. The physical symptoms of internet addiction disorder is …….	110	73.3	40	26.7
8. The emotional symptoms of internet addiction disorder is …….	91	60.7	59	39.3
9. The short-term effects of an online internet addiction is …….	85	56.7	65	43.3
10. The brain chemical which promotes the pleasurable experience during internet addiction is ……...	58	38.7	92	61.3
11. If you feel you have internet addiction, the most priority is to …….	87	58.0	63	42.0
12. The first step in treatment for internet addiction is …...	47	31.3	103	68.7
13. The most common psychological treatments of Internet Addiction Disorder …….	67	44.7	83	55.3
14. Drugs used for effective treatment of internet addiction problem is …….	52	34.7	98	65.3
15. The best tips to stay away from internet addiction is…….	120	80.0	30	20.0
16. The example of Net compulsion is …….	81	54.0	69	46.0
17. Possible impacts of internet addiction on academic performance ……...	94	62.7	56	37.3
18. The social problems that may occurs as a result of internet addiction …….	92	61.3	58	38.7

Table 1: Item wise frequency and percentage distribution of structured knowledge questionnaire of students regarding internet addiction

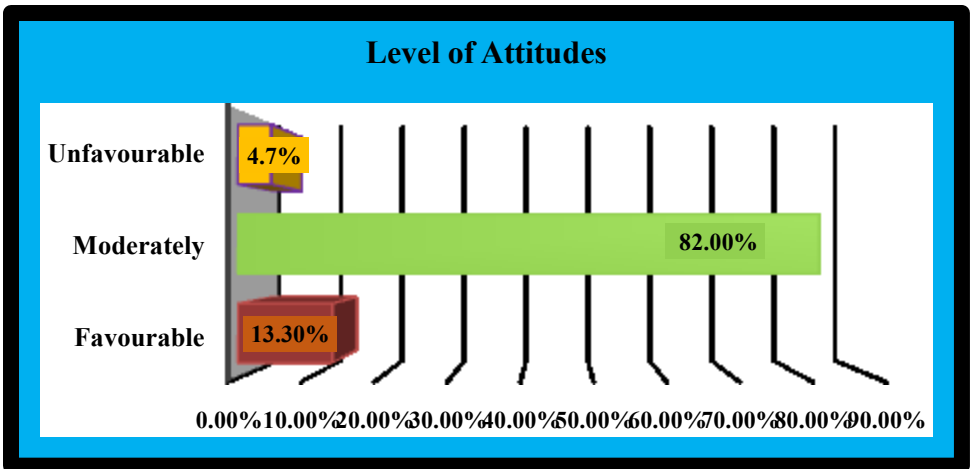

Figure 2: A column graph showing attitude scores of students regarding internet addiction. n=150

Question	Attitudes scores of students					
	Never		Sometimes		Always	
	F	%	F	%	F	%
Q1Do you turn your phone/laptop on first thing in the morning?	5	3.3	78	52.0	67	44.7
Q2Do you check your email before doing some other task that needs doing?	38	25.3	95	63.3	17	11.4
Q3Do you feel a need to set limits on how long you will be online?	30	20.0	93	62.0	27	18.0
Q4 Do you often stay online frequently "just after another minute"?	23	15.3	103	68.7	24	16.0
Q5 Do you use the internet to contact with friends?	3	2.0	55	36.7	92	61.3
Q6 When your internet connection is disconnect, do you feel an urgent need to get it back?	17	11.3	91	60.7	42	28.0
Q7Are you preoccupied with being online during other activities?	31	20.7	107	71.3	12	8.0
Q8Do you hide the amount of time you spend online from others?	81	54.0	54	36.0	15	10.0
Q9 Is being on the phone/laptop more exciting than being with people?	41	27.3	94	62.7	15	10.0
Q10 Are you interested in online relationship?	83	55.3	47	31.3	20	13.3
Q11Do you get annoyed when someone interrupts you while on the phone/laptop?	18	12.0	107	71.3	25	16.7
Q12 When you walk away from the phone/laptop, do you try to figure out when is the next time you'll be able to return?	41	27.3	76	50.7	33	22.0
Q13Do you think about online activities in order to calm down?	25	16.7	100	66.7	25	16.7
Q14Do you sleep less than you need to because you are on the phone/laptop?	35	23.3	85	56.7	30	20.0
Q15Have you tried to cut down your internet use and failed?	31	20.7	103	68.7	16	10.7
Q16 Does life without internet sound scary, bland, or joyless?	45	30.0	67	44.7	38	25.3
Q17 Do the people around you complain about how much time you spend online?	32	21.3	80	53.3	38	25.3
Q18Do you get defensive when someone asks you what you've been doing online?	39	26.0	100	66.7	11	7.3
Q19 Does your performance of academic suffer because of the time you spend online?	38	25.3	84	56.0	28	18.7
Q20Do you neglect responsibilities because of the time you spend online?	35	23.3	95	63.3	20	13.3

Table 2: Item wise frequency and percentage distribution of attitudes scores regarding internet addiction among students. n=150

Sl. No.	Overall score	Statement	Max. score	Min. score	Responded Knowledge			
					Mean	Mean %	Median	SD
I.	Knowledge	18	18	0	10.49	58.3%	10.0	3.38
II.	Attitudes	20	60	20	39.26	65.4%	39.5	5.39

Table 3: Mean, median and standard deviation knowledge and attitudes on internet addiction among the students. n=150

Demogr-aphic variables	Category	Frequency						Total		Chi-squ-are	p-value
		Adequate		Moderate		Inadequate					
		F	%	F	%	F	%	F	%		
Age	18-20 years	11	19.0	24	41.4	23	39.7	58	100	11.832	.66
	21-23 years	15	20.3	38	51.4	21	28.4	74	100		
	24-26 years	8	47.1	6	35.3	3	17.6	17	100		
	27-29 years	1	100	0	0.0	0	0.0	1	100		
Year of the study	1st year	8	21.1	14	36.8	16	42.1	38	100	5.588	.471
	2nd year	8	21.6	18	48.6	11	29.7	37	100		
	3rd year	5	16.1	17	54.8	9	29.0	31	100		
	4th year	14	31.8	19	43.2	11	25.0	44	100		
Gender	Male	12	30.8	18	46.2	9	23.1	39	100	2.403	.301
	Female	23	20.7	50	45.0	38	34.2	111	100		
Religion	Hindu	18	29.5	31	50.8	12	19.7	51	100	8.747	.364
	Muslim	3	15.8	9	47.4	7	36.8	19	100		
	Christian	4	18.2	9	40.9	9	40.9	22	100		
	Meitei	10	21.3	18	38.3	19	40.4	47	100		
	Others	0	0.0	1	100	0	0.0	1	100		
Category	General	9	42.9	8	38.1	4	19.0	21	100	8.302	.217
	OBC	20	19.8	47	46.5	34	33.7	101	100		
	SC	3	42.9	3	42.9	1	14.3	7	100		
	ST	3	14.3	10	47.6	8	38.1	21	100		
Types of family	Nuclear family	22	23.4	46	48.9	26	27.7	94	100	1.806	.405
	Joint family	13	23.2	22	39.3	21	37.5	56	100		
Father's occupati-onal status	Self-emp.	11	21.2	28	53.8	13	25.0	52	100	7.861	.248
	Private emp. in private sector	6	42.9	2	14.3	6	42.9	14	100		
	Govt. emp.	12	22.6	24	45.3	17	32.1	53	100		
	Unemp.	6	19.4	14	45.2	11	35.5	31	100		
Mother's occupati-onal status	Home maker	17	17.0	48	48.0	35	35.0	100	100	11.378	.077
	Self emp.	7	25.9	14	51.9	6	22.2	27	100		
	Private emp.	4	50.0	2	25.0	2	25.0	8	100		
	Govt. emp.	7	46.7	4	26.7	4	26.7	15	100		
Family income	≤10001	8	19.5	18	43.9	15	36.6	41	100	16.510	.036*
	10002-29972	7	15.2	30	65.2	9	19.6	46	100		
	29973-49961	13	29.5	13	29.5	18	40.9	44	100		
	49962-74755	5	31.3	6	37.5	5	31.3	16	100		
	≥74755	2	66.7	1	33.3	0	0.0	3	100		
Resident-	Rural	21	23.6	38	42.7	30	33.7	89	100	1.565	.815

ial area	Urban	12	23.5	26	51.0	13	25.5	51	100		
	Hilly	2	20.0	4	40.0	4	40.0	10	100		

***p-value < 0.05, Significant.**

Table 4: Association between knowledge scores with selected socio-demographic variables. n=150

Demographic variables	Category	Frequency						Total		Chi-square	p-value
		Favorable		Moderate		Un-favorable					
		F	%	F	%	F	%	F	%		
Age	18-20 years	6	10.3	49	84.5	3	5.2	58	100	5.207	.518
	21-23 years	9	12.2	61	82.4	4	5.4	74	100		
	24-26 years	5	29.4	12	70.6	0	0.0	17	100		
	27-29 years	0	0.0	1	100	0	0.0	1	100		
Year of the study	1st year	6	15.8	29	76.3	3	7.9	38	100	10.499	.105
	2nd year	4	10.8	33	89.2	0	0.0	37	100		
	3rd year	3	9.7	24	77.4	4	12.9	31	100		
	4th year	7	15.9	37	84.1	0	0.0	44	100		
Gender	Male	12	30.8	27	69.2	0	0.0	39	100	15.524	.000*
	Female	8	7.2	96	86.5	7	6.3	111	100		
Religion	Hindu	10	16.4	50	82.0	1	1.6	51	100	7.842	.449
	Muslim	2	10.5	17	89.5	0	0.0	19	100		
	Christian	4	18.2	17	77.3	1	4.5	22	100		
	Meitei/ Meetei	4	8.5	38	80.9	5	10.6	47	100		
	Others	0	8.5	1	100	0	0.0	1	100		
Category	General	3	14.3	18	85.7	0	0.0	21	100	2.485	.870
	OBC	12	11.9	83	82.2	6	5.9	101	100		
	SC	1	14.3	6	85.7	0	0.0	7	100		
	ST	4	19.0	16	76.2	1	4.8	21	100		
Types of family	Nuclear family	14	14.9	77	81.9	3	3.2	94	100	1.634	.442
	Joint family	6	10.7	46	82.1	4	7.1	56	100		
Father's occupational status	Self-emp.	11	21.2	40	76.9	1	1.9	52	100	15.123	.019*
	Private emp. in private sector	1	7.1	11	78.6	2	14.3	14	100		
	Govt. emp.	6	11.3	47	88.7	0	0.0	53	100		
	Unemp.	2	6.5	25	80.6	4	12.9	31	100		
Mother's occupational status	Home maker	12	12.0	84	84.0	4	4.0	100	100	13.571	.035*
	Self emp.	2	7.4	22	81.5	3	11.1	27	100		
	Private emp.	4	50.0	4	50.0	0	0.0	8	100		
	Govt. emp.	2	13.3	13	86.7	0	0.0	15	100		
Family income	≤10001	5	12.2	34	82.9	2	4.9	41	100	1.611	.991
	10002-29972	8	17.4	36	78.3	2	4.3	46	100		
	29973-49961	5	11.4	37	84.1	2	4.5	44	100		
	49962-74755	2	12.5	13	81.3	1	6.3	16	100		
	≥74755	0	0.0	3	100	0	0.0	3	100		
Residenti-al area	Rural	11	12.4	74	83.1	4	4.5	89	100	1.072	.899
	Urban	7	13.7	41	80.4	3	5.9	51	100		
	Hilly	2	20.0	8	80.0	0	0.0	10	100		

***p-value < 0.05, Significant.**

Table 5: Association between attitudes scores with selected socio-demographic variables.

Score	Mean	SD	r	p-value
Knowledge score	10.49	3.38	.163	.046*<0.05
Attitudes score	39.26	5.39		

***p-value < 0.05, Significant**

Table 6: Correlation between the knowledge and attitudes scores regarding internet addiction among students.

Discussion:-

Table 1 shows that majority 135 (90%) of students were given correct answer on the age group of people which are most affected from internet addiction whereas only 47 (31.3%)of students were given correct answer on the question of first step in treatment for internet addiction.It was also inferred that majority of 68 (45.4%) respondents had moderate knowledge, 47 (31.3%) respondents had inadequate knowledge and 35 (23.3%) respondents had adequate knowledge. The overall mean score obtained by the respondents were 10.49±3.38 (Mean±SD) of the level of knowledge regarding internet addiction.Among the knowledge questions, mean score average was 58.3%.The present study findings are supported by the study conducted by Panthri Kiran (2020). Results indicated that 45 (75%) of the samples had average knowledge, 14 (23%) had good knowledge whereas only 1 (2%) of them had poor knowledge regarding consequences of internet addiction.

Table 2 depicts that the highest 61.3% had in the item 5 (Do you use the internet to contact with friends?) and lowest 7.3% had in the item 18 (Do you get defensive when someone asks you what you've been doing online?) were in "always" attitudes of students. The highest 71.3% had in the item 7 (Are you preoccupied with being online during other activities?) and item 11 (Do you get annoyed when someone interrupts you while on the phone/laptop?) and lowest 31.3% had in the item 10 (Are you interested in online relationship?) were in "sometimes" attitudes of students. And the highest 55.3% had in the item 10 (Are you interested in online relationship?) and lowest 2.0% had in the item 5 (Do you use the internet to contact with friends?) were in "never" attitudes of students. Out of 150 students, 123 (82.0%) students had moderately favourable attitude regarding internet addiction whereas 20 (13.3%) and 7 (4.7%) were favourable and unfavourable attitudes indicates that more acceptability towards internet addiction.The overall mean score obtained by the respondents on attitudes score regarding internet addiction was 39.26±5.39 (Mean ± SD). Among the attitude questions, the mean score average was 65.4%.The present study findings are supported by the study conducted by Karthika S., Kaur Amanpreet, Saini Annu, et. al. (2017) which results out of 300 students, 280 (93.33%) students had moderately favourable attitude regarding internet usage whereas 18 (6%) and 2 (0.7%) were favourable and unfavourable attitudes regarding internet usage.

There were no significant association between knowledge regarding internet addiction and selected demographic data such as age (x^2=11.832), year of the study (x^2=5.588), gender(x^2=2.403), religion (x^2=8.747), category (x^2=8.302), types of family (x^2=1.806), father's occupational status (x^2=7.861), mother's occupational status (x^2=11.378) and residential area(x^2=1.565) and the level of internet addiction at p>0.05.The above findings are supported by the study conducted by R. Aiswarya, C. Anu Gijo, K. Vineeth Gopi et. al (2018) which showed that there were no significant association between knowledge regarding internet addiction with their selected demographic variables such as age (x^2=0), gender (male, x^2=0.02, female, x^2=3.84), occupational status of father (x^2=9.49), occupational status of mother (x^2= 9.49), types of using residence (x^2=3.84) and educational status (x^2=0) at 0.05 level of significance.

There was a significant association between knowledge regarding internet addiction and selected demographic data family income (x^2=16.510) at the level of significance p<0.05.The above findings are supported by study conducted by Sonalika Soumya (2019) which showed that there was significant association between level of internet addiction and the selected demographic variables such as income of the family (x^2=8.02), father's occupation (x^2=4.59), and types of mobile use (x^2=3.67) at 0.05 level of significance.

There were no significant association between the attitudes score and selected demographic variables such as age (x^2=5.207), year of the study (x^2=10.499), religion (x^2=7.842), category (x^2=2.485), types of family (x^2=1.634), family income (x^2=1.611) and residential area (x^2=1.072) respectively and the level of significance p<0.05.The chi-square results reveals that there were a significant association between the attitudes scores and selected demographic variables such as gender (x^2=15.524), father's occupational status (x^2=15.123) and mother's occupational status (x^2=13.571) at the level of significance at p<0.05.The above findings are supported by the study conducted by H.

Chacko, JT. Joseph, PR. Aranha, et. al. (2015) which showed that there was a significant association between attitudes score and gender (x^2=3.84)at the level of significance at p<0.05.

There was a positive correlation (r = .163) between the knowledge score and attitudes score and with statistically significant at p=.046*<0.05. Hence, it was showed that there was significant correlation between the knowledge score and attitudes score i.e. higher score on knowledge are associated with higher score on attitudes.The above findings are supported by the study conducted by H. Chacko, JT. Joseph, PR. Aranha, et. al. (2015) which showed a positive correlation (r= 0.422) between the knowledge score and the attitudes scores of the participants and with statistically significant at p=0.01<0.05.

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